

A guide to the iron content of some foods

Pork Liver	3½ ozs.	29.1 mg	Tuna — canned	3½ ozs.	1.9 mg
Special Infant Cereals	1 oz.	20-30 mg	Chicken — dark meat	3½ ozs.	1.7 mg
			Lamb	3½ ozs.	1.7 mg
Calves Liver	3½ ozs.	14.2 mg	Wieners	2	1.6 mg
Beef Kidney	3½ ozs.	13.1 mg	Green Peas	½ cup	1.5 mg
Quick Cream of Wheat	1 oz.	12.0 mg	Peanuts	½ cup	1.5 mg
			Apple Juice	1 cup	1.5 mg
Beef or Chicken Liver	3½ ozs.	8.6 mg			
Liverwurst	3½ ozs.	5.4 mg	Rice — converted	1 cup cooked	1.4 mg
Prune Juice	½ cup	5.3 mg	Broccoli	1 stalk	1.4 mg
			Bran Muffin, Date Square	1	1.3 mg
Corned Beef	3½ ozs.	4.3 mg	Poultry — light meat	3½ oz.	1.2 mg
Enriched dried cereals	1 oz.	4.0 mg	Pizza with Sausage	3½ ozs.; 1 slice	1.2 mg
			Haddock	3½ ozs.	1.2 mg
Almonds	½ cup	3.4 mg	Egg	1	1.1 mg
Veal, Ham, Beef, Pork	3½ ozs.	3.0-3.5 mg	Tomato Juice	½ cup	1.1 mg
			Plums	½ cup canned	1.1 mg
Sardines	3½ ozs.	2.9 mg	Blueberry Pie	1 piece	1.0 mg
Beans — Navy, Lima, Kidney	½ cup cooked	2.4 mg	Salmon	3½ ozs.	1.0 mg
Pork Sausage	3½ ozs.	2.4 mg	Green Beans	½ cup canned	1.0 mg
Turkey — dark meat	3½ ozs.	2.3 mg	Oatmeal	1 oz. dry	1.0 mg
Beans with Pork and Tomato sauce	½ cup	2.3 mg	Muffet	1 biscuit	1.0 mg
Lima Beans	½ cup	2.2 mg	Raisins	1 oz.	1.0 mg
Luncheon meat	3½ ozs.	2.2 mg			
Chili with Beans	½ cup	2.1 mg			
Spinach	½ cup	2.0 mg			
Apricots	dried 10	2.0 mg			

The amounts of iron indicated here are approximate.

Quick tips for using some iron-rich foods

Plan meals which include more iron-rich foods **every day**.

Molasses

Spread it on bread instead of jam; add to muffins, baked beans, gingerbread, stewed prunes and cereals.

Raisins and other dried fruit

Put a handful in the lunchbox, in a favorite dessert or hot cereal.

Dried peas and beans

Use in baked beans, chili con carne and in soups; tempting with rice and beef or pork.

Brown barley

Use to thicken soup and stews.

Wheat germ

Sprinkle over both hot and cold cereals, add to muffins.

Malted drinks

Have them instead of the usual chocolate drinks. More nutritious. Scrumptious hot or cold.

Liver, other organ meats

Try to use one sometime during the week, more often if they are favorites with the family.

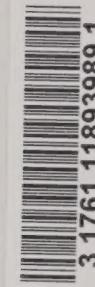
Liverwurst, canned corned beef, and sausage

Make into sandwiches anytime.

Sardines

Keep on hand for a meal or snack on crackers or toast.

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Iron For Vitality



Sample Menus

Iron is a nutrient basic to all our life-giving processes. It contributes to vitality and that "top-of-the-world" feeling.

Iron forms an important substance in red blood cells. The substance is hemoglobin — a complex of iron plus protein plus other materials responsible for the rich, red color of healthy blood.

Hemoglobin picks up the oxygen breathed into the lungs, carries it along the blood stream and delivers it to every cell in the body. Within each cell, oxygen is used to produce maximum energy from the food we eat — energy to breathe, move, make the heart beat, keep the body warm, help in growth and upkeep — energy, in fact, to live!

Bodies can conserve their iron stores, but the requirement for iron is influenced by:

- small daily losses (body wastes)
- growth needs (infants, adolescents, mothers-to-be)
- inadequate supply (poor eating habits, poor absorption)
- blood loss (menstruation, accidents)

Iron deficiency anemia may develop gradually if cells are not supplied with adequate amounts of iron. Certain stresses, such as pregnancy or unusual blood loss, may cause anemia to develop more quickly.

Day 1 12 mg iron

Breakfast Grapefruit juice, shredded wheat, poached egg, whole wheat toast, tea, coffee, milk.

Lunch Split pea soup, cheese cubes, crackers, tossed greens, oatmeal cookies, milk.

Dinner Baked haddock, baked potato, green beans, blueberry pie, tea, coffee, milk.

Day 2 14 mg iron

Breakfast Apple juice (vitaminized), rolled oats, toasted rye bread, tea, coffee, milk.

Lunch Salmon salad, lettuce, tomatoes, bran muffins, ice cream, milk.

Dinner Baked beans with wieners, coleslaw, brown bread, peaches, tea, coffee, milk.

Day 3 13 mg iron

Breakfast Stewed prunes, bacon strips, white toast, tea, coffee, milk.

Lunch Peanut butter sandwich, carrot sticks, orange, milk.

Dinner Beef stew, potatoes, turnips, white enriched bread, gingerbread with sauce, tea, coffee, milk.

Good Recipes

BEEF AND LIVER LOAF

¾ lb. beef or pork liver	2 eggs
1¼ lb. hamburger or minced round steak	4 tbsp. chopped onion
1 c. oatmeal or soft bread crumbs	1½ tsp. salt
¾ c. liquid (milk, broth, tomato soup or juice in any desired combination)	½ tsp. pepper
	2 tsp. Worcestershire sauce
	¼ c. chopped parsley
	¼ c. chopped celery
	½ tsp. savory or marjoram (optional)

1. Scald liver 5 minutes in boiling water, drain and grind. 2. Beat liquid and eggs together, add to meat and oatmeal. 3. Add remaining ingredients and mix thoroughly. 4. Fill big pan (approximately 9" x 5" x 3") to about ½ inch from top. 5. Bake in a moderate oven (350°F.) 1½ to 1¾ hours. Yield, about 8 servings (slices one inch thick). About 10 mg iron per serving.

CHILI CON CARNE

1 c. chopped onion	2 c. canned tomatoes
¼ c. chopped green pepper or celery	1-2 tbsp. chili powder
1 lb. ground beef	1½ tsp. salt
2 tbsp. fat	¼ tsp. pepper
15-oz. tin red kidney beans	1 tbsp. vinegar

1. Brown vegetables and meat in fat. 2. Add other ingredients and simmer, one hour, stirring frequently. Yield, 4-6 servings. About 5 mg iron per serving.

OATMEAL PEANUT COOKIES

¾ c. shortening	1 c. sifted all-purpose flour
1½ c. brown sugar	1 tsp. salt
2 eggs, unbeaten	1 tsp. baking soda
1 tsp. vanilla	3 c. quick-cooking oatmeal
1 c. salted peanuts, chopped	

1. Cream shortening. Add sugar gradually. Beat well. 2. Add eggs and vanilla. Beat well. Add nuts. 3. Mix and sift flour, salt and soda. 4. Add to creamed mixture. Mix well. 5. Add oatmeal. 6. Drop dough from teaspoon on greased baking sheet. 7. Bake in moderate oven (350°F.) 12 minutes. 8. When cold, store in tightly covered tin. Yield, about 4 doz. cookies. About 1 mg iron per two cookies.

OTHER SUGGESTIONS

Tongue and corn casserole; Egg and potato scallop; Oyster stew; Clam chowder; Creamed asparagus; Kidney bean salad; Raisin stuffing; Creamed sweetbreads; Oatmeal griddle-cakes with sausages; Date squares.

Iron deficiency results in:

- "dead-tired" feeling
- pale, listless appearance
- poor appetite
- weight loss
- irritability

To detect iron deficiency, have a medical check-up, including a hemoglobin estimation test, at least once a year. Poor food habits are not necessarily the only cause of iron deficiency anemia — the check-up will show if there are any other contributing causes.

To guard against anemia is very simple:

- choose **iron-rich** foods daily.
- choose a good variety of **protective** foods.

Canada's Food Guide includes **all the nutrients** required for good health and the formation of good, red blood.

How much iron is recommended daily?

The Canadian Council on Nutrition states that the following amounts are adequate for most people:

Children (both sexes) (0-9 years)	5 milligrams
Boys and girls (10-17)	12 milligrams
Boys (18-19 years) and Men	6 milligrams
Girls (18-19) and Women	10 milligrams
Women (during pregnancy & lactation)	13 milligrams

1 milligram (mg) of iron is the approximate amount contained in one egg.